



## MOROCCAN CARROT SALAD

Intermediate Lifestyle

### INGREDIENTS

5 cups peeled and chopped carrots  
1 clove garlic  
1 TSP coarse kosher salt  
1/4 cup red wine vinegar  
1/4 cup extra-virgin olive oil  
2 TBS ground cumin  
1 cup chopped parsley

### INSTRUCTIONS

—Bring a large pot of heavily salted water to a boil. Add carrots and cook until just tender, 3 to 5 minutes. Drain well.

—Meanwhile peel and roughly chop garlic. Sprinkle with salt and chop and mash with the side of a chef's knife to form a smooth paste. Scrape garlic into a large mixing bowl. Whisk in vinegar, oil and cumin.

—Stir hot carrots into the dressing. Add parsley and stir to coat. Serve room temperature or chilled.

**SERVING INFO:** (Yields 8 servings)

3/4 cup = 1 1/2 V